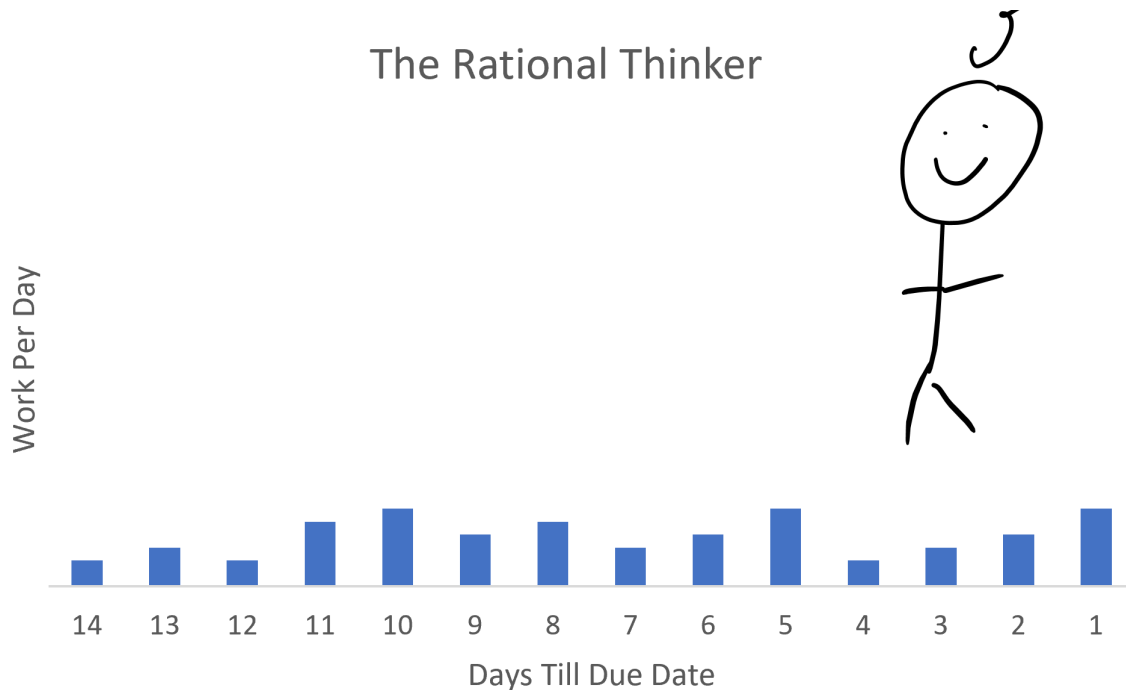


Exams

Ok, you've already turned off. All of you want to run out the door and go enjoy interval including me, because no one likes to hear the word 'exams'. There's a thing called the Year 13 slide, when you lose all motivation to do anything at the end of the year. I like slides. Subconsciously this has now slid me deep into the dark world of procrastination, and it's not easy to get out of.

Now the rational thinker would plan out their work a bit like this.



You know, start off small, maybe ramp it up a little every now and then, but things stay civilised and things get done. I aim to be like this guy and never get stressed whatsoever.

Then you've got the procrastinator. Someone that puts work off for a few days, then comes back to it and might do a bit more, then puts it back. It looks something like this.



They would open up their work and think, “Well how hard can it be?” so they leave it. Eventually as you can tell, it ends up being a bit stressful at the end.

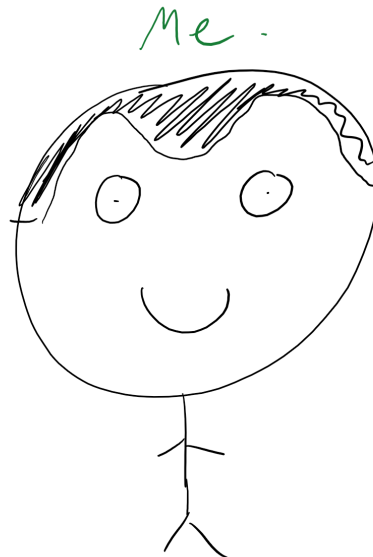
Then you’ve got the ‘I’ll do it tomorrow’ kind of guy, the kind of guy that says, “I’ll do it tomorrow, I’ll do it tomorrow, I’ll do it tomorrow.” It kind of looks like this.



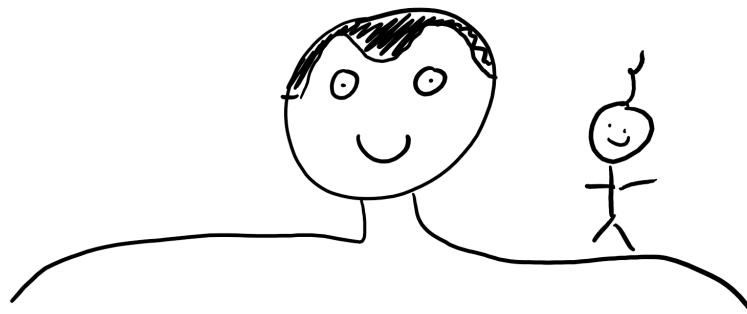
Now this results in coincidentally being sick the day before an economics internal is due, obviously, this isn’t ideal.

I find myself in the procrastinator category, but with the Year 13 slide looking very attractive, I could easily fall into the 'I'll do it tomorrow' category. And I've only been able to get a 10 day extension on my exams.

This is a high-quality picture of me.



Mind the hairline by the way, some would argue I'm winning the race against Bob. When I sit down to study, two imaginary people pop up on my shoulder. Now, you're probably thinking I'm going insane but bear with me. The first person is a rational guy,

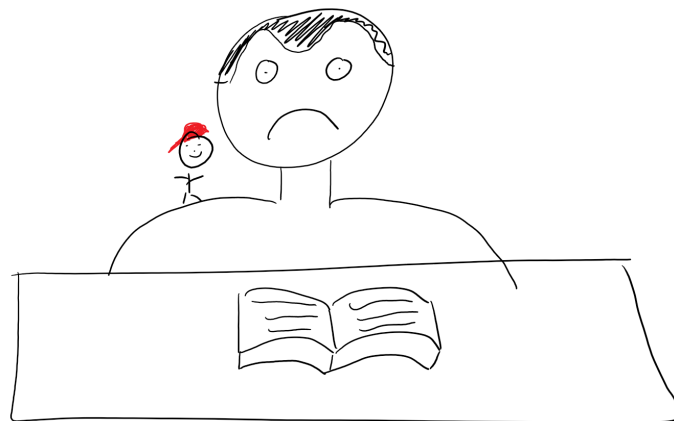


someone that makes good decisions and is practical. Then, I have got this other dude



that looks cool and thinks of dumb stuff to do and some would argue I take too much advice from this guy.

And maybe they're right, when I sit down to study then suddenly find myself on google maps zooming in on India and scrolling all the way to the Himalayas to get a better feeling of India. Then, go to the fridge and see if anything is new in there since exactly 10 minutes ago. Or looking at how I could straight pipe my car and still get a warrant of fitness. Then after I've done all my fun and easy to do stuff, I've left myself with exactly no time to do my study.



I'm sure most of you procrastinators have been there. It's a world where you find yourself doing leisure activities when leisure activities are not supposed to be happening. The 'fun' you have in this world is not actually fun, because it's completely unearned and it's full of guilt, anxiety, dread and self-hatred, all the wonderful procrastinator feelings.

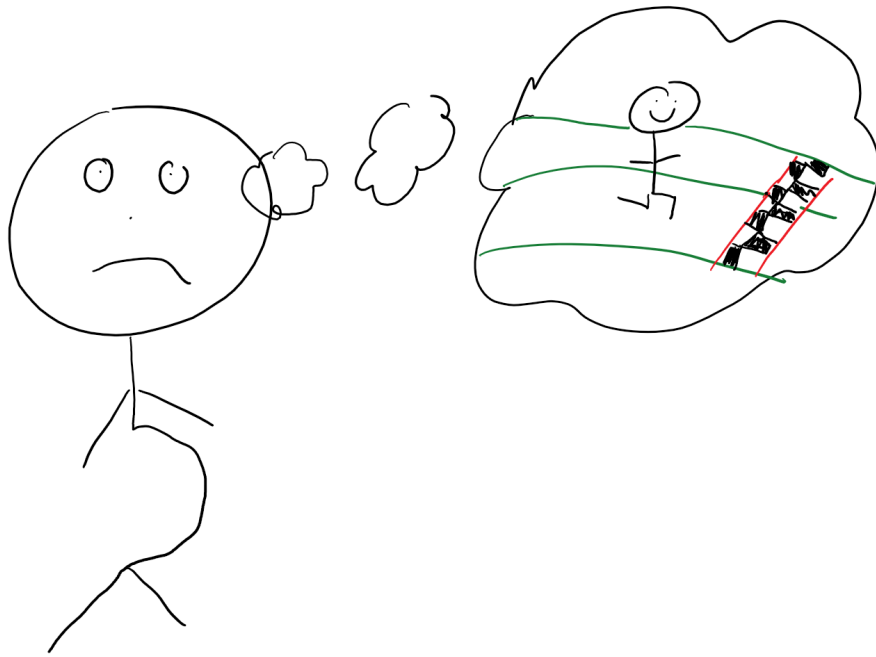
And as I explained before, work eventually gets done when there's a deadline because people panic



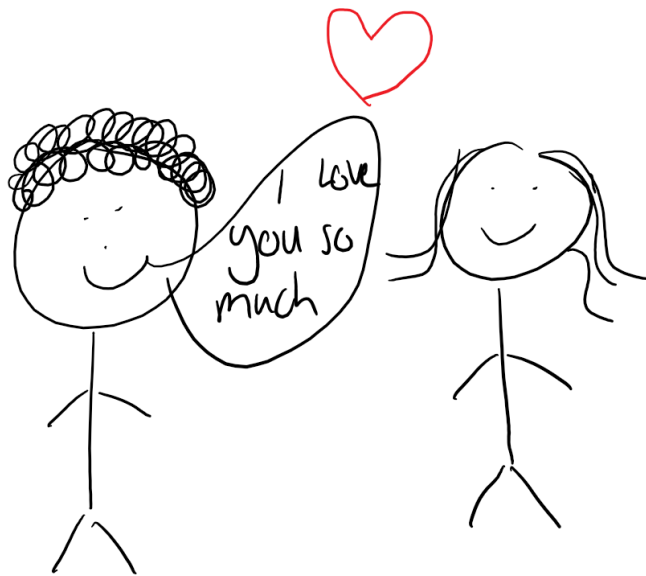
and then get it done, after taking a sick day of course. But what if there is no deadline? That's when procrastination actually gets quite serious and can be pretty dangerous. For example, if you go out to start a business.



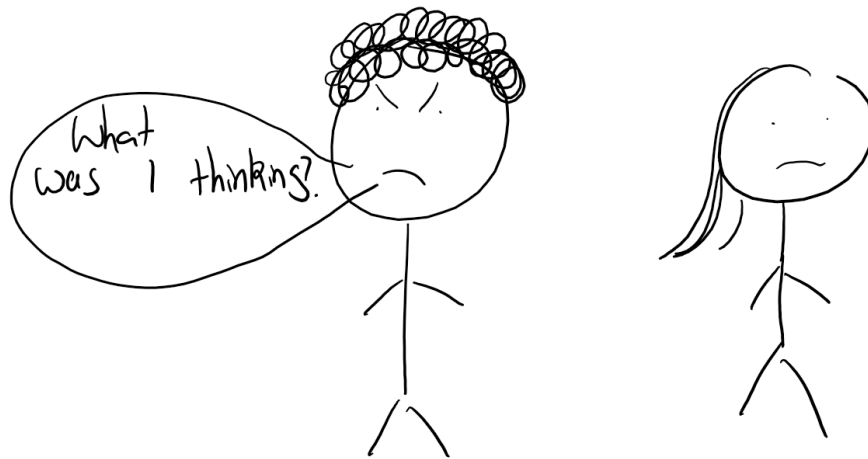
There are no real deadlines at first, because nothing is happening until you've done the hard work to get the momentum going. But it doesn't have to be entrepreneurial, there are plenty of other things that don't have any deadlines, like: exercising,



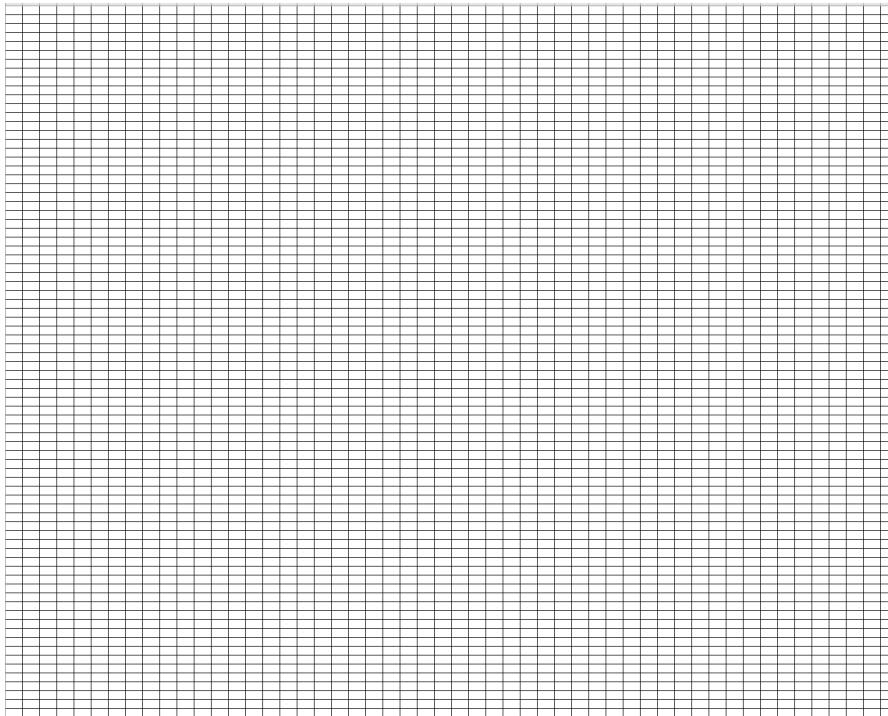
seeing your grandparents, getting into a relationship



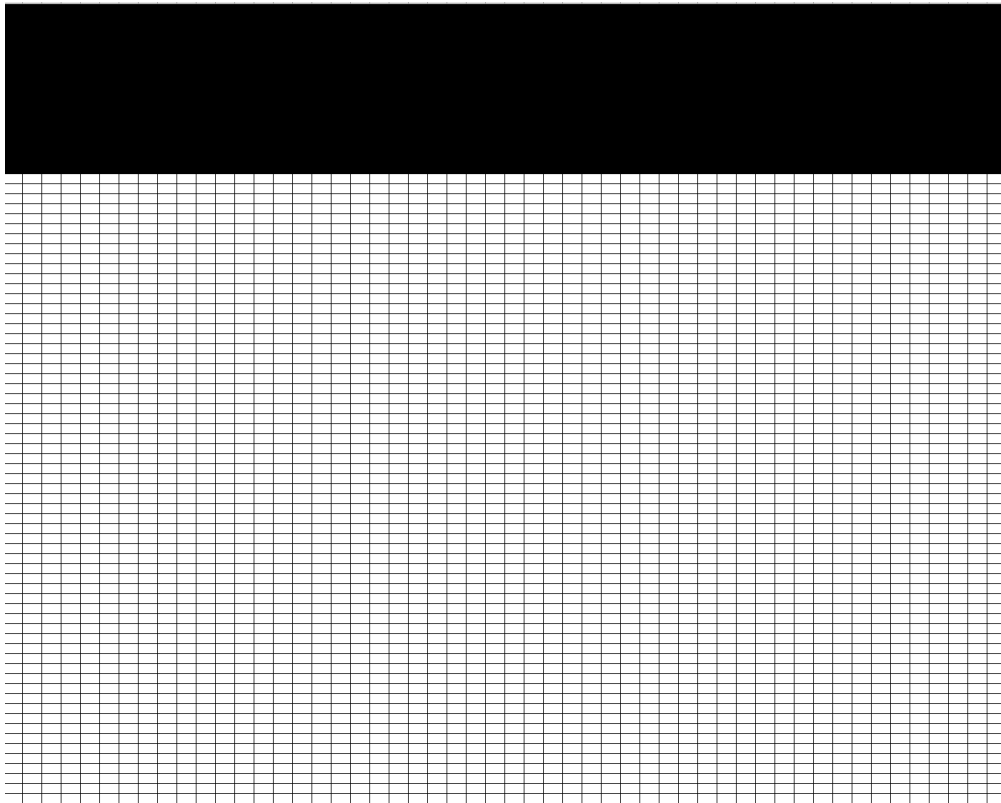
or maybe even getting out of a relationship that's not working.



I've made a calendar, here.



Each box represents one week that the average person lives. Now we've already used about that.



Now, I think we all need to think about what we are really procrastinating on, and think about how much we could achieve without procrastinating on our dreams. And it's something we should start thinking about today. Well... maybe not today, but... sometime.

Cheers